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Welcome to the 12th issue, Volume 3, of InfiniSynechis, a publication of Fearless Hearts Foundation

This will be the last issue for Volume 3 and Volume 4 will be resumed in 2024

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

The Fundamental Things

Gratitude an Antidote to Suffering

*The Universality of Suffering**

“The world is so constructed, that if you wish to enjoy its pleasures, you must also endure its pains. Whether you like it or not, you cannot have one without the other.“ Swami Brahmananda

Suffering is universal (read about the universality of suffering here) https://fearlessheartsfoundation.org/fhf-blog/the-universality-of-suffering

Humans are accustomed to the cycle of desire and frustration.

On the mental level, suffering is caused by a perceived unfulfilled desire but desire by its very nature is unfulfillable because the distance between the desire and its object recedes. This one can be tested by paying attention to the horizon when one is walking.

As there is suffering there is also joy. The two are intertwined. As long as we are in this world, in this body, we have to deal with both. It is what it means to be alive.

Ideally we are to transcend suffering however transcendence is possible only by grace. There are no methods that will allow us to quantum leap into transcendence.

Knowing that no one is immune to suffering, that it is there as a companion, and that at best, we alleviate it, one can begin by accepting and taking responsibility for it. It would be as if we have ingested something that does not agree with our constitution, not lethal but uncomfortable. We have to take an antidote

What is an antidote?

There are two definitions of antidote

An antidote is

1: a remedy to counteract the effects of poison

needed the antidote for the snake's venom

2 : something that relieves, prevents, or counteracts

an antidote to boredom

One can begin by looking deep within, by beginning meditation

Seven Day Simple Meditations

https://fearlessheartsfoundation.org/fhf-blog/seven-day-simple-meditations

Additionally we can cultivate gratitude.

Recall an instance when you felt truly grateful for something that happened, without "thinking" about how it happened. Just the result. No matter how it happened, it brought you joy.

Better yet, make a list. If you do this everyday, sooner or later you will see that life, with all its challenges, is beautiful.

The bottom line is that life has already given us so much and all we have to do is remember it. To download this Newsletter

download pdf

Philanthropy

Notable Philanthropists: Mark and Robyn Jones donated $101 million to Montana State University to expand Nursing education

https://www.forbes.com/sites/giacomotognini/2021/09/01/insurance-billionaires-mark--robyn-jones-pledge-record-101-million-to-train-hundreds-of-nurses-in-montana/?sh=3edf814dcefb

https://www.philanthropy.com/article/truckdriver-turned-harvard-mba-gives-101-million-for-nursing-education-in-mont

Business Insights*

Fundamentals of Being in Business

Fundamentals of Being in Business

Leadership: When Jack Welch was the CEO of GE, the company experienced an unprecedented growth. The primary reason was that he took care of his employees.

Business Ideas: For freelancers, create a profile at fiverr https://www.fiverr.com

Commentary: Follow your passion because that is where you will do your best. There is no need to emulate any successful CEO. They have their paths, and you have yours.

Additional Information

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.

https://fearlessheartsfoundation.com

Fundraising Announcement

Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the web link below

https://fearlessheartsfoundation.org/donate

Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review. Please send your comments/feedback to us at fhfinusa@gmail.com

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